

### Abstract

A lightweight valve (1), in particular for internal combustion engines, and a method for manufacturing the lightweight valve (1) are proposed. The valve comprises a valve stem (3), a hollow valve cone (7) and a valve disk (13), the valve cone (7) and the valve disk (13) together forming a hollow space. The lightweight valve (1) is characterized in that the valve disk (13) is provided with a gripping receiver (23) for the valve stem (3).

(figure 1A)